



23 FREE

MENTITATION

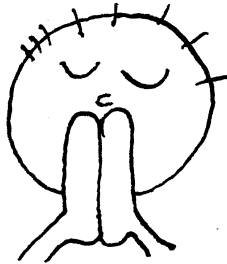
FUNNIES

lonely place PRODUCTIONS

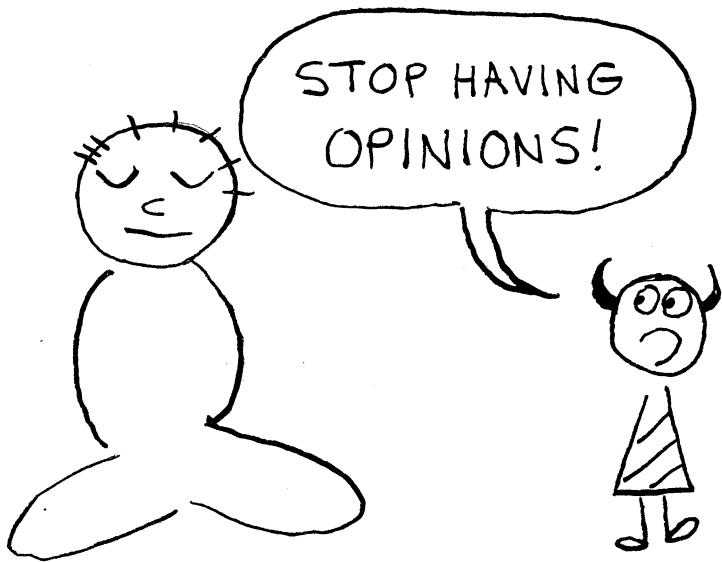
DISCLAIMER;

THE CONTENTS OF THIS ZINE
ARE NOT(EVER) MEANT TO BE INSTRUCTIVE,
JUST MILDLY ENTERTAINING

I JUST LIKE TO DO ZAZEN
I DON'T KNOW SHIT ABOUT
MEDITATION OR ZEN OR BUDDHISM







STOP HAVING
OPINIONS!

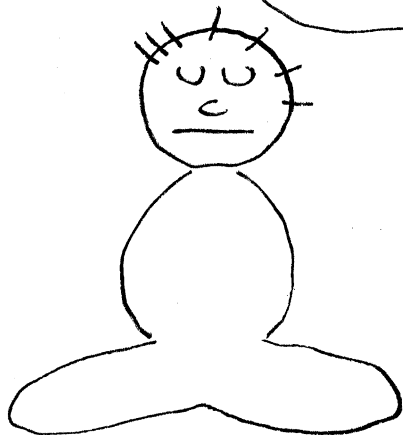
QUIT BEING
RIGHT



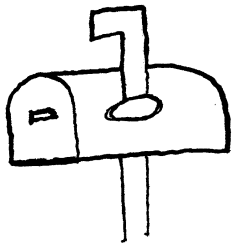
JUST GIVE
IT UP

YAPOOG

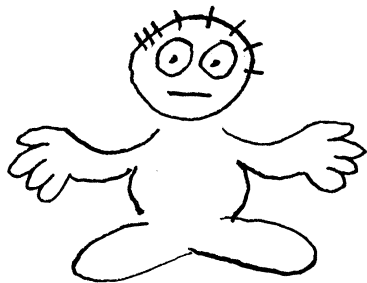
YOU REGRET
THE SILLIEST SHIT



HOW TO BE FRIEND



SEND YR FRIENDS
SOME USELESS SHIT
IN THE MAIL
EVERY MONTH



I DUNNO...
THAT'S THE BEST
IDEA I GOT

I HAVE BEEN CRUEL TO PEOPLE
BECAUSE I ENJOYED BEING CRUEL

...

THAT IS HARD
TO ACCEPT



CAN'T
RELATE.



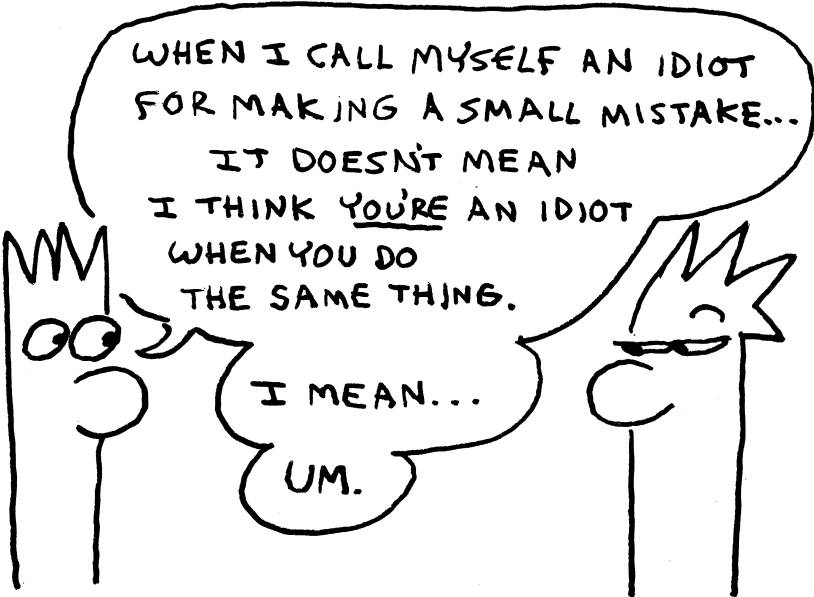
I FINALLY LEARNED...
IF I DON'T EXERCISE FOR A WHILE,
MY BRAIN STOPS WORKING.
IF I DON'T STRETCH FOR A WHILE,
MY BODY STOPS WORKING.



AND IF YOU
DON'T MEDITATE?

I START
WORKING





WHEN I CALL MYSELF AN IDIOT
FOR MAKING A SMALL MISTAKE...

IT DOESN'T MEAN
I THINK YOU'RE AN IDIOT
WHEN YOU DO
THE SAME THING.

I MEAN...

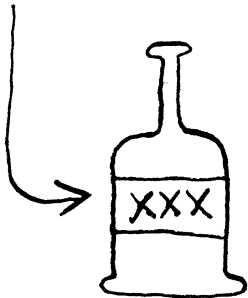
UM.

DO NOT INDULGE IN ANGER

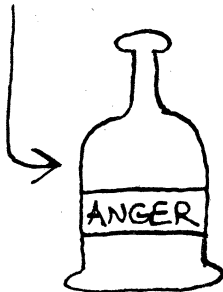
THE 9th GRAVE PRECEPT



I GOT SOBER
FROM THIS ONE.
IT'S BEEN 3 YEARS.



I NEED TO
GET SOBER
FROM THIS ONE.
IT'S DAY 4.



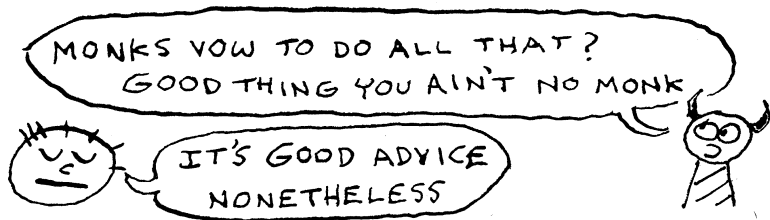
"NOT CONTRIVING REALITY FOR THE SELF"

— BODHIDHARMA

"NOT ADVANCING, NOT RETREATING,
NOT REAL, NOT EMPTY" — DŌGEN

THE 10 GRAVE PRECEPTS (IN CASE YOU WERE WONDERING)

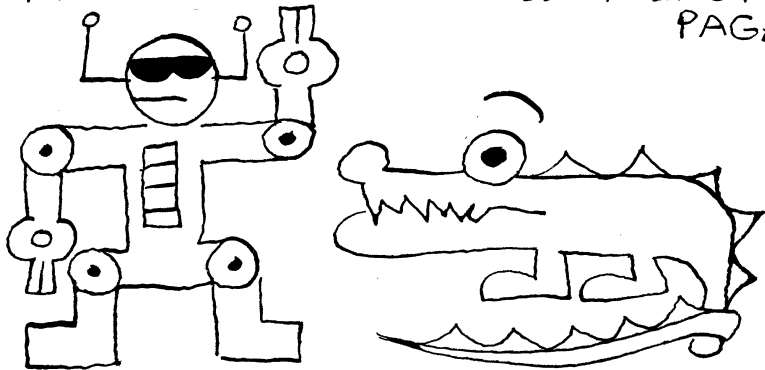
- | | |
|-------------------|-----------------------------|
| 1. NO KILLING | 6. NO GOSSIP |
| 2. NO STEALING | 7. NO BRAGGING |
| 3. NO ABUSING SEX | 8. NO STINGINESS |
| 4. NO LYING | 9. NO INDULGING
ANGER |
| 5. NO ALCOHOL | 10. NO INSULTING
BUDDHA! |




DON'T DISPARAGE ME
YA POOG!



I LOVE RECEIVING YR BEASTS & ROBOTS
KEEP SENDING—ADDRESS ON LAST
PAGE



I'M THINKING OF DOING A ZINE
SO LET ME KNO IF I CAN PUBLISH YRS
AND HOW U WANT YR NAME
TO APPEAR IN THE CREDITS



SIGH OCTOBER ALREADY...

TIME PASSES CONSTANTLY
YET YOU HUMANS NEVER
FAIL TO BE
DISTRESSED
BY TIME
PASSING

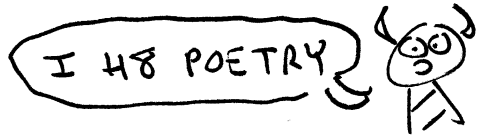
WELL WE ONLY
HAVE SO MUCH OF IT
Y'KNOW!

BE TIRED.

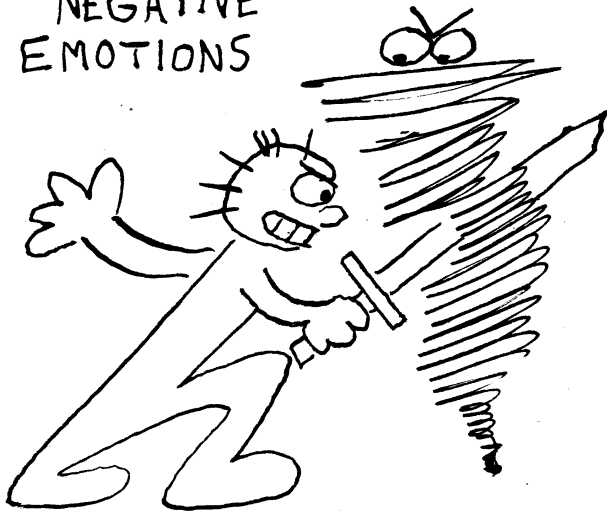
BE SAD.

BE CONFUSED.

BE.



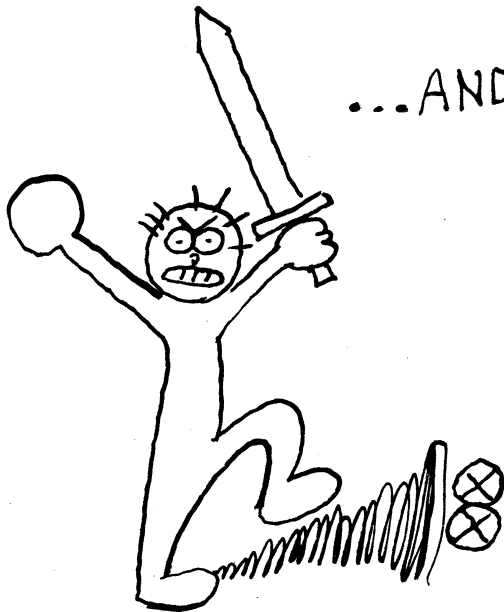
I USED TO THINK
NEGATIVE
EMOTIONS



WERE
SOMETHING
I COULD
BATTLE

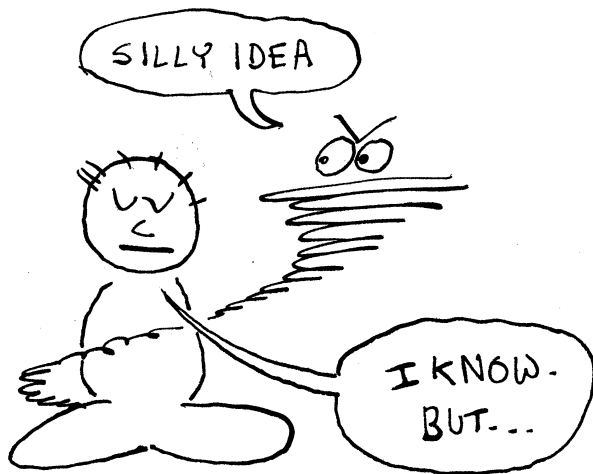
...

...AND DEFEAT

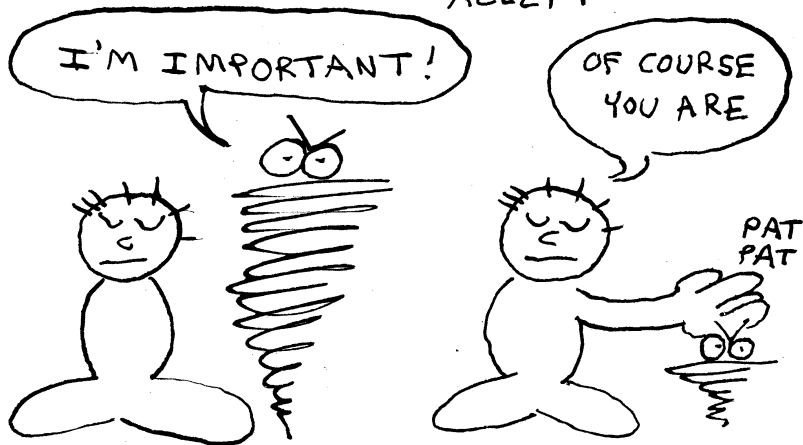


REGULAR
ST. GEORGE






... MAYBE THEY'RE SOMETHING I CAN
ACCEPT



AND STOP WORRYING ABOUT

MUCHO THANKS TO OUR DONORS!!!

IF U WANT TO SUPPORT
I COULD USE IT

YOU CAN MAIL WELL-CONCEALED
CASH, STAMPS, OR CHEQUES
ADDRESS 

OR YOU CAN
PAYPAL ME
eliashiebert@comcast.net

VENMO ME
[@Matthew-Hiebert-1](https://venmo.com/Matthew-Hiebert-1)

KO FI ME

ko-fi.com/MeditationFunnies

OR DON'T . . . OR DO!

MEDITATION FUNNIES #23
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DR. STEPHEN SANDERS
MEMORIAL METAPHYSICAL INSTITUTE
BOXHOLDER
PO BOX 200394
DENVER CO 80220

ELIASHIEBERT.COM/COMIX*
HAS LINKS TO MY SOCIALS
AND MY "BLOG"

VIVA PALESTINE
HAPPY BIRTHDAY ADH

*YOU'LL SEE MY APPROACH TO "WEB DESIGN"
IS SIMILAR TO MY APPROACH TO CARTOONING

Electronic Edition

